

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions




Simple Steps To A Healthier Life®

Journeys®

Member Experience Slides



Journeys – Selecting Stress as a Direction




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JOURNEYS

QUESTIONS

FEEDBACK




Stress Less

You can find your “inner calm” no matter what challenges you face day-to-day. We’ll help you set a simple plan of action that boosts your energy, clears your head—and puts worry in its place.

Get the best-fit recommendations
Use motivators to personalize your experience and change them anytime.

SET MY MOTIVATORS




Where this direction will take you


- Forget feeling overwhelmed as you shrink stress in as little as 10 minutes a day.
- Restart your engine with simple steps that help you eat, sleep and move your way to less stress.
- Practice small tweaks to your mental habits that not only boost productivity but help you find more fun.

Recommended For You


Choose from activities that match your health and interests.



Stress to Energy Sampler





Make Time for Play





Choose a New Attitude


Journeys – Starting a Journey




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Welcome to the Make Time for Play Journey

Let's Get Started

Let's play! Here are the "rules" you should know:

Play isn't just about fun. When you focus on your own joy, you can:

- Decrease stress hormones
- Minimize memory lapses
- Reduce pain and anxiety

What's fun is unique to each person. This journey has been built for you, based on what you've told us about yourself. But at every point along the path, there will be lots of options to choose from. So consider choosing something completely different. Surprise yourself. Make yourself think. Make yourself laugh.


Play your way through this journey to learn what you love.


Are you game?


READY...SET... GO



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Journeys – Personalization survey




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Get started
Make Time for Play

Leisure time and play can increase your energy and inject happiness in your life. Tell us a little more about you, so we can help you get started on your Journey.

How confident are you that you can begin adding more play time to each day?





|||


Not very confident


Very confident


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Journeys – Health acknowledgement




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Before starting your Journey

Review our Health Acknowledgment

Health Acknowledgment

Make sure you protect your health by checking with your doctor before starting any new health habit or ramping up an existing one. This is especially important if you have a chronic condition, if you are pregnant, if you have dietary restrictions, if you have back or joint problems, if you smoke or recently quit or if you have certain risk factors for heart disease.


☒ I confirm that I have read the Health Acknowledgment.


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Journeys – Choosing steps




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 **Make Time for Play**  


STAGE 1

 STAGE 2


 STAGE 3

To unlock your challenge step: **Earn 1,200 more XP**


Explore Stage 1 of your journey! Scroll through and choose steps that interest you. As you test healthier practices, you'll earn experience points (XP). Your goal? Gain enough XP to unlock your challenge step: to add play to one day.



out your
< (1,570)
XP




Friends have
benefits. Discover
why.




Make an opposites
list

★★★★☆ (2,344)
400 XP



Join a hair band


★★★★☆ (1,921)
500 XP





Name your
t >


★★★★☆ ()
350 X


Journeys – Committing to a step




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Make an opposites list

Do something different

★★★★☆ (2,344)


400 XP

Think about the parts of your day that drain you. Is it too much sitting or hard labor? Is it the complicated mental challenges or too much boring repetition? Do you spend all day with people—or all day alone? Write down your energy drains.

Then brainstorm a list of at least two leisure activities you love that can help you use a different part of your brain or body. For example, if your work is repetitive, what's a new, adventurous activity you like? If you're with people a lot, what are the quiet things you like to do alone? If you sit a lot, what are favorite activities that get your blood moving?

Sometimes the most refreshing leisure activities are the ones that let you do something different!


Your assignment: List what drains you, then list two fun activities that let you use your mind or body in a different way.



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WHAT WOULD YOU LIKE TO DO?


Commit to this step ▼


 **Email/Text Reminder**
Every day at 10:00 a.m. to your email
[Change Reminder](#)


COMMIT


Aetna Inc. 7


Journeys – Completing a step





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▼



Out of sight, out of mind

Don't bring it to the table

This step has not been rated yet.

500 XP

Most of us would have a healthier diet if we ate fewer high-fat, high-calorie dishes and more veggies, fruits, and whole grains.

Pick a meal where you'll help achieve this goal by the way you arrange your table.

Leave the less desirable choices—serving dishes of foods that are high in fats, refined grains and protein—on the sideboard or even in the kitchen, so they're out of sight and out of mind.

Give veggie, fruit and whole grain dishes the place of honor in the middle of the table!

Your assignment: Remove serving dishes of less healthy options from the table for one meal.

WHAT WOULD YOU LIKE TO DO?

Complete this step

Uncommit to this step

Complete this step

Choose another step

Update reminder

Share your progress

